



### **Living Free and Winning in the 21st Century, Part I**

By Ticom <ticom@iirg.org>

I recently received a collection of Survive magazine back issues. Survive was a self-reliance periodical from the 1980's that contained very excellent information. In spite of its age, the quality is magnitudes better than the vast majority of material appearing today on the Internet. Just recently, it was mentioned on the newsgroup misc.survivalism that Self-Reliance Journal (formerly American Survival Guide) was ceasing publication. While often less than adequate in providing information, it was the only periodical that was geared specifically towards survivalists. There is still a lot of information available on and off the net. It is a time consuming and difficult process for a beginner to wade through it all, and sort out the good from the bad. One of the things I hope to do with Cybertech is to provide a ready-reference for many technological survival topics, and a pointer towards material for more advanced study. What is Technological Survival"? It is a self-reliance and preparedness philosophy that accepts the following:

- 1) In many "survival situations" one may encounter, the technological infrastructure of the affected area will remain mostly intact; if affected at all.
- 2) Even in the more serious disaster scenarios envisioned by survivalists there will be plenty of technology floating around, and in order to speed recovery operations plans should be made for its restoration and imple-

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# Cybertech

## Technological Survival Newsletter

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### **A Treatise on the Peculiar Characteristics of Pugilism, or Apply- ing the Laws of Physics to Some Bloke's Head**

By Brother Ben

I figure I ought to write an essay on "barfighting," as I know quite a bit about it. When I use the term "barfighting," I am referring to just about any brawling style used to incapacitate enemies in a chaotic, crowded environment. I do not intend to write a paper crammed full of flowery theories on what one "ought" to do to achieve a higher consciousness in martial exchanges. In fact, I am assuming that the reader will be in the rather common state of mental obliteration following the consumption of lots of booze and pot. That is the true Tao of brawling.

First off, it should go without saying that fighting with strangers is downright stupid. Eventually even the tough guys get licked, and I assure you anyone who says otherwise is either a liar or has never fought outside of the schoolyard. I have been in many scraps and I can tell you that no two fights are the same; likewise, you never know just whom you will be up against and what he might have under his shirt or in his back pocket. Also, assume that if and when you hit the ground there will not be a ref there waiting for you to "tap out" of an ass whuppin.' No, most likely when you hit the ground, your enemy's buddies will swarm all over you and put the boot to your ass just for kicks. That is the way it goes in a real fight.

Secondly, the best dojo in the world can be found just up the street from your pad. I will tell

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you how to get there: leave your house or apartment. Turn left or right, depending on how you feel that day. Walk along the avenue until you come to a drinking establishment. There you go, Hacker-san.

I am going to shoot straight when I give you the scoop on how to come out on top in a sudden barfight. The number one philosophy is you have to get out alive, and with your teeth. Teeth are a big deal, in my opinion- because knife scars and crooked noses look cool, but toothless maws look pretty foolish. So avoid having your choppers knocked out, even if you keep your mits up a little too much. Anyway, kill that bastard if you have to but get the hell out of the dojo after the fight heats up. This is because if the cops show up you will deeply regret the foolishness of fighting. Don't use knives or guns, even if you are packing heat (I ALWAYS advise you leave your pistol at home if you think things will heat up on a given night – of course you never really know, and that is the whole thing about scraps). Bottles, though, deserve some discussion.

Ahh, the bottle. I can't tell you how many times the pop of a breaking Rolling Rock has lifted my soul into the Valhalla of ass-kicking! Bottles break, and they tend to get all mixed up with the other broken bottles, ashtrays, plates, mugs, etc. on the floor. That means less evidence; also, broken glass is a good surface for body-slams or trips. The biggest problem with bottles is that they sometimes cut your hands when you break them, but with all the adrenaline flowing you probably won't



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I can't tell you how many times the pop of a breaking Rolling Rock has lifted my soul into the Valhalla of ass-kicking!

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notice until after the scrap anyway. Note that unlike in the movies bottles can cause considerable bleeding, especially if you score a break across the nose or lips. You really can slip on blood, by the way, especially on those waxed floors in Brewpubs and 50s joints. So be

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mentation.

3) As a matter of strategy, we must assume that opposition will be using equal to, if not superior to, the technology at our disposal. Therefore we must keep abreast of technological advancements to institute appropriate and effective countermeasures.

4) In order to maintain as good a survival edge as possible, it is necessary to become educated in high-tech, as well as low-tech, topics.

5) In order to more efficiently and effectively survive and prosper in the "beforemath" stage, one should be skilled and maintain proficiency in "modern" craft/trade. This also helps with post-disaster recovery.

6) Even "classic" survivalism can benefit from a twenty-first century outlook.

I find it admirable that an individual may be able to live for extended periods of time as an 18th century mountain-man in the middle of the wilderness, and recommend studying to be able to do so if the need arises. I find it preposterous to think that in the twenty-first Century a normal individual would plan solely to do so as part of their survival preparations. To quote Cybertech writer Injun Jessie, "*The true survivalist is not a purist. You know the type, 'It's gotta be authentic Special Forces Issue...It's gotta be authentic mountain man era gear... Ya gotta make it with stone tools and yer bare hands... Etc.'* Use any and everything available!!!" Certain situations you may run into are "modern" in nature, and therefore require a modern solution. The most serious problem of this nature is increasing government totalitarianism evident in the United States today combined with the use of high-technology measures for population control. The best survivalist preparations combine both modern and antique techniques and equipment in order to provide the best chance of dealing with whatever the future decides to throw at you.

### Beginning Measures

Most people are very prone to information overload, especially when they've been fed nothing but

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## THE DAY AFTER

By The  $\Omega$ mega Man

Greetings, and welcome back! It is a pleasure to once again be able to write for this esteemed periodical.

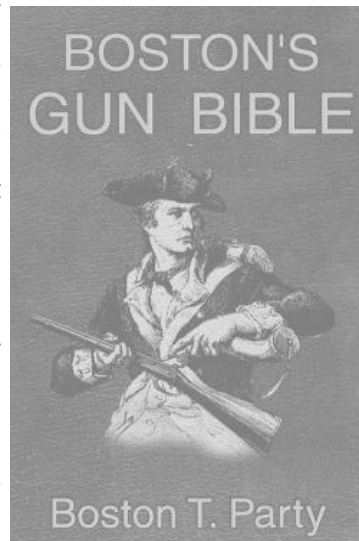
I will start by reviewing a book that I recently purchased from Javelin Press titled Boston's Gun Bible, by Boston T. Party <http://www.javelinpress.com/>. This is a nice thick text containing all sorts of firearms reference info all in one place. It's \$28 and well worth the price. It has a lot of good information for the beginner, and experienced firearms enthusiasts will find it to be a wealth of reference info all under one cover. The book is divided into six parts: The Basics, Combat Rifles, Guns in General, Acquisition, Disarmament, and Courage. Consider this book a "must get".

As a student of survivalism, my spare time is spent between going out in the field to enjoy my hobby and roaming through libraries and bookstores looking for interesting reading material so I can expand my knowledge horizons. Even here in the back woods, I'm a short drive from Barnes & Noble, Borders Booksellers, and several used bookstores. My town also has an excellent library. Where do I browse? The sporting section has books about hunting, shooting, camping, fishing, and martial arts. The engineering and home improvement sections have some good technical skill books. Some stores have an agriculture section that contains a lot of books on rural living and survivalism. Also, believe it or not the reference section often has some interesting titles. I recently discovered a Ragnar Benson text in the reference section of our Borders.

Going through the martial arts books at one Borders, I found a good one: Street Ninja, Ancient Secrets for Today's Mean Streets, by Dirk Skinner. Although a lot of survivalists tend to discount "ninja" material as worthless, the ninja were probably the first recorded technological survivalists and kit-bashers. They modified common farming implements into effective weaponry. They successfully led a covert existence. They were so effective that they were both hated and feared by the Samurai. Studying their techniques in a **modern context** would be useful to the modern-day

survivalist. Street Ninja is an excellent way to start doing so. The book does an excellent job of applying the ancient fighting arts of the Ninja in a modern context.

I'm getting a little more into high-tech. Thomas Icom introduced me to an excellent ham radio magazine called 73 Amateur Radio Today. I took a look at an issue for the first time, and the first thing I see is an article on how to make a



*"What if Thomas Paine had an AR-15, or if Patrick Henry went to Thunder Ranch?"*

*"THEY COULDN'T, BUT YOU CAN! They had the soul, but needed better gear. We have the gear, but need stronger soul."*

- Boston T. Party

morse code shortwave transceiver for a few dollars in electronic parts! Neat! The same issue also had articles on building a modem monitor (for checking phone line conditions), lightning protection for radio gear, and an article on experimenting with TV/VCR tuner modules for ham radio purposes. What does ham radio have to do with survivalism? Ham radio is a great way of communicating when other forms of communication don't work. Ham Radio also demonstrates skill with electronics. A skilled electronics enthusiast will have no problems finding work anywhere in the country. Subscriptions to 73 are \$25 a year. Their number is 1-800-274-7373.

Some people ask me "How do you find the time to do all this?" More often they say either "You must have a lot of spare time on your hands", or "I don't have enough time." People also mention to me that they would like to do various things I've wrote about, but lack the money to do so. I'm sure everyone's situation is different, and there isn't a

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careful.

I really like using blackjacks in fights. I keep one in my front pocket, with the handle



**I really like using blackjacks in fights. I keep one in my front pocket, with the handle popping up. That way if I knock a guy onto his knee or my buddy is holding him, I can snatch my jack and land one behind the bloke's ear.**



popping up. That way if I knock a guy onto his knee or my buddy is holding him, I can snatch my jack and land one behind the bloke's ear. This really does work, just like in the movies – usually the victim will go starry-eyed or just pass out. Unfortunately, a blackjack is not as effective as a proper melee weapon due to its small size. But it still hurts.

As far as fisticuffs are concerned, I won't belabor your thoughts with a long treatise on fighting stances, hand trapping, katas (what martial arts hobbyists do to feel like ballerinas), etc. No, I will leave that talk to the National Enquirer of brawling, AKA Black Belt Magazine. Here is all you need to know about exchanging blows: a hit with a haymaker is ten times better than a miss with a judo chop. If you have a problem with that statement, I invite you to trade punches with me: you can miss with all the axe-kicks you want, and I will maul you with the first-grade martial art madness of the windmill technique (you know, put your head down and run at the other guy while swinging your hands wildly like a windmill).

I DO advise taking a martial art or two to sharpen your skills. But while all your buddies are practicing their white-crane dances, you should be working the hanging bag like a pimp who lost his

kickback. Power is very important in a brawl, and I will tell you why: because I only occasionally witness fights lasting more than a few seconds. You MUST do your damage as quickly as possible and get out of Dodge. Also, don't pull too many punches when it comes to dirty tricks. Eye gouging is a real winner when you go to the floor, because many ground-fighters learned their trade in sterile, athletic environments. A 270-pound wrestler will weep if you jam a thumb in his eye – it's not his fault, but that shit hurts! The same goes for throat shots, though if you ever land a good kick to the gullet you may kill the poor fool – and that will land you in the pokey. So keep that in mind.

The mainstays of brawling tend to be hooks and jabs. If you put on some gloves and practice sparring in the ring with some decent fighters, your fighting skill will improve remarkably. Sparring is no substitute for a real fight, but the act of dodging, jabbing, and hooking repeatedly will help "program" the moves into your brain. That way if you are ever half-dazed from a good punch your body might keep fighting on its own. Many fighters have forgotten much of a fight due to confusion, pain, head blows, etc., but still won in the end! This is what the military calls "the fog of war," but on a smaller scale. You must force your body to fight on even when your mind has lost the will to continue.

Kicking is great if you know what you are doing, but most people don't. I have seen many a Tae-kwon-do "expert" throw one of those high kicks only to end up in that embarrassing "foot catch" position. You do NOT look tough hopping around on one leg while throwing your mits out frantically to catch hold of something. Kick the knee. That's all I have to say about that.

Unlike the Ultimate Fighting Championship, you should avoid going to the ground unless you are absolutely sure your buddies have your back. Because brawling has nothing to do with being absolutely sure of anything, stay on your feet. If you are a wrestler, feel good about the fact that you can get out of the occasional ground fight. But practice your punching, because it is much easier to escape on your feet, and on the ground you will have a problem defending yourself against two or more attackers.

I fear I am getting too deep into the individual techniques and tricks of brawling, which I had hoped to avoid. Learning to fight involves fighting – training all day only teaches you to train, just as

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## BASIC MULTIFUEL CAMPING STOVE

by Wildflower

For many a traveling trip, have depended on a homebuilt stove for heating up my meals or making the morning coffee. Yes, have used commercially made stoves, but had often more troubles running or maintaining them within a short time, or worse running out of whatever exotic fuel one required.

Based on a no# 10 can, obtainable from most restaurant trash bins, have basically evolved three different styles, over the last decade, all serve me well at one time or another out in the field. Fuels have been chunks of wood, Styrofoam, or "starter log"; twigs and pinecones; charcoal or soft coal: sterno, refilled with alcohols or charcoal lighter fluid. In all, such a rusty stove will serve a few good years of use before it is time to make another.

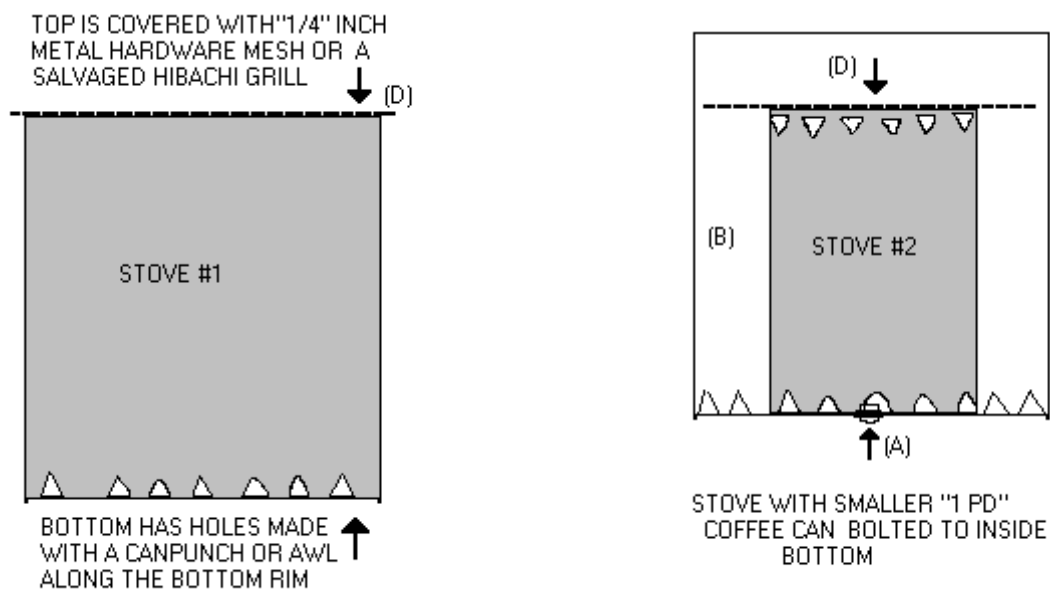
### STOVE #ONE

Take a number ten size can (see notes) that is clean and empty. About the bottom rim, using a kitchen canpunch (or a homemade nail awl (see notes)), punch at least several holes, or more. Cut a section of metal hardware "1/4" mesh (D) just an inch larger than top diameter of the can. (Or use a salvaged charcoal hibachi grill) which will serve as the cooking shelf surface for your cookpot or pan.

### STOVE #TWO

Take same above can with bottom holes and punch with the nail awl a hole in the bottom center of lid. Take an empty "1pd" coffee can (B) (see notes) and punch holes along the top and bottom rims, then with the nail awl punch a center hole in bottom lid. Insert smaller can into the larger can and with stove bolt and nut (A) (washers optional) fasten via the center holes the two can bottoms together. This time cut the metal mesh (D) just smaller than inside diameter of the number ten can. This is your cooking shelf top. This design can allow a can of sterno be placed inside the smaller can, to heat your meals.

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the garbage that passes for "news" in this country all their life, and then get exposed to alternative sources that provide real information. They find themselves unable to form a clear picture of where to start. This list is here to help those individuals. It is only a start, but a damn good one.

### **The Beginning Measures List**

⇒ 1. Put together a bug-out kit and keep it handy in the event it is needed. It should include the following:

- 1) Earth-tone, outdoor-style clothing, including cover, boots, belt, & black leather gloves.
- 2) LBE/Web Gear (Green, Camo, or Black)
- 3) Rifle with magazines and other necessary accessories.
- 4) .22LR "survival rifle" (Marlin Papoose, AR7, et. al) or .22LR handgun.
- 5) Each rifle must have no less than 500 rounds. Your .22 should have at least 2000 rounds.
- 6) Pack, military type, large. Must be able to carry:
  - A) 1 poncho liner
  - B) 1 poncho
  - C) 3 pairs undershorts
  - D) 3 undershirts - olive green or brown
  - E) 7 pairs outdoor/boot socks
  - F) Rifle cleaning kit, gun oil
  - G) E-tool
  - H) Mess kit, knife, fork, spoon
  - I) Riggers tape - green, brown, or black
  - J) Hygiene kit: soap, wash cloth, tooth brush, tooth paste, razor, shaving cream, nail cutters, sewing kit.
  - K) Food (No junk food.): canned and/or dried meat, carbohydrates, fruit, and vegetables.

#### **Other Personal Gear:**

- Swiss Army Knife or Leatherman Tool
- Wire cutters
- Mosquito net hat
- Sheath Knife
- Skin-so-soft/Insect Repellent
- Camo Sticks/Kit
- Essential subjects book

- Lighter/Flint & Steel
- Lighter Fluid
- Compass
- 2-way radio: Handheld w/head piece (CB, FRS, Ham)
- First-aid kit
- Portable Police Scanner
- Portable Shortwave Receiver
- Rechargeable batteries w/Solar-Powered Battery Charger

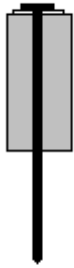
The above list is a guideline for individuals who need assistance in assembling a bug-out kit, and should be considered an absolute minimum standard.

- ⇒ 2. Please read the following books as a start: Unintended Consequences, by John Ross, Patriots: Surviving the Coming Collapse, by James Wesley, Rawles, and Behold a Pale Horse, by William Cooper.
- ⇒ 3. Do as much business as possible in cash with local vendors or via mail order with libertarian/patriot companies. Keep only the minimum amount of funds on your bank accounts, and if possible take your money out of a large bank and instead establish an account with a local credit union.
- ⇒ 4. Participate in the now growing alternative communications networks that are operational on CB and Ham frequencies. You don't have to talk politics, just check in with local conditions. The frequencies are available at <http://www.iirg.org/csa.html>
- ⇒ 5. Home-school your children, if you have any.
- ⇒ 6. Establish contact with like-minded people in your area for mutual support and assistance.
- ⇒ 7. Kill your Television. They don't call it "programming" for nothing. Instead of wasting hours in front of the boob-tube, listen to an international shortwave broadcaster, read a book, learn some skill/trade you're interested in, or take your kids out camping or to a rifle range. I like the rifle range idea. You can take your TV and use it for target practice.

Now take a step back for a moment to see

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### MORE NOTES, by Wildflower:



SIMPLE NAIL AND CORK "AWL"

AT ONE TIME, LONG AGO..... A size ten can held three pounds of coffee while a one pound can held a real one pound of coffee. Nowadays,ho,ho,ho...

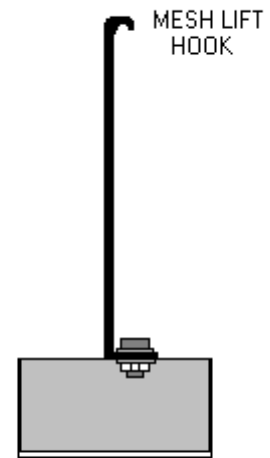
**NAIL AWL:** take an old wine bottle cork and pound slowly a "12 penny" flat head general construction nail from top center out the bottom center (pre-drilling does help) till the nail top is flush with cork top (adding a washer before inserting nail could be added). Then sharpen the nail tip with a stone or mill file (lot better to use), and with mallet hammer punch holes in thin metals, plastics, or wood. Good to make several copies, some with larger or smaller diameter nails' as these "grow legs" quickly.

**STERNO:** am preferable using the larger versions sold at party suppliers by the case. Empty; can be refilled with wood alcohol (best) or with a sand and wick charcoal lighter fluid or kerosene.

When used with the can stoves, use a "STERNO CAN SNUFFER" to safely snuff out the flaming fuel can.

#### STERNO CAN SNUFFER:

Take a small cat food can "3 1/2 OZ" (or a metal mayonnaise jar lid) and punch with a nail awl a hole in the bottom center. Cut a straight length of coat hanger wire about 10 to 12 inches long. At one end, bend into a small hook, the other end, form a small loop with a "1/4inch" I.D. hole and bend at a 90 degree bend. Fasten the loop end with stove bolt and nut (washers optional) to the bottom center hole as illustrated. The hook is used to hooking the hot grid off the can supports, while the other end can then be used to safely snuff out the flaming sterno can. (Damn better than cooked fingers!)

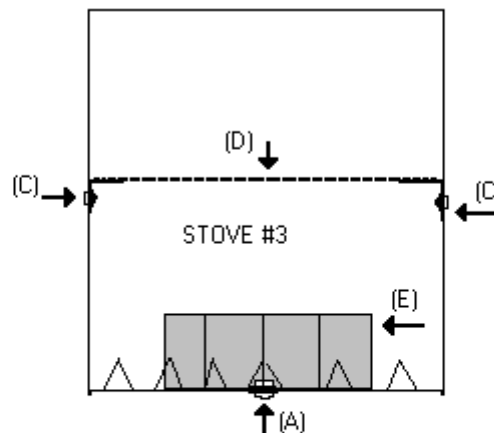


STERNO CAN SNUFFER

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#### STOVE #THREE

Take STOVE #TWO with can (B) and mesh (D) removed. A "6 1/2 OZ" empty tuna can with its side silted into six sections, and with bottom center hole is bolted with stove bolt and nut (A) (washers optional) bottom to bottom like as in stove two with can (B). Roughly "1/3" from top with nail awl, punch holes equally at four spots about the number ten can. Bolt and nut a "1 X 1" metal angle bracket inside the can at each of the four holes. These brackets will support your mesh (D)-cooking shelf. The tuna can, because of its sliced sides will hold in place a sterno can while it burns.



STOVE WITH "6 1/2 OZ" TUNA CAN WITH SLOTTED SIDES BOLTED TO THE INSIDE BOTTOM

#### STOVE BOLTS AND NUTS:

Useful for most projects about, the ones used are 1/4 inch DIA. by 1/2 inch LONG. 1/4 inch I.D. Washers are useful at multiplying the strength of bolted connections. Good to stock several different lengths in your home shop hardware sort box.

## Cybertech

### Technological Survival Newsletter

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what you have done. For starters, you now have the capability to exist more independently from the existing social and political infrastructure. You have begun to acquire the means of capability of defending yourself; which starts your transformation from a subject to a citizen. You've eliminated a big drain on your time (by not subjecting yourself to the idiot box), which now enables you to devote more time towards self-improvement. You have taken a step towards supporting local small businesses, and have stopped giving money to large corporations that suppress capitalism and promote totalitarian philosophies. You are beginning to form a group of friends to help each other through the rough times ahead. You are getting real information about conditions in your area and beyond; so you can intelligently make decisions regarding various matters. All of this is a good thing, because if you continue on this path; you'll soon be confident in knowing that no matter what the future throws at you; you'll be able to prosper. In future issues of Cybertech, I will discuss some of the specific subjects in further detail.

**In future issues of Cybertech:  
Living Free & Winning in the 21st Century, Part II  
FM Broadcast Information  
Other DIY Technological Survival Articles!**

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quick cure-all answer I can give. One thing you might want to look into however is your television viewing. I don't watch much television, maybe an hour or two a week for a show I like on PBS. I don't have cable TV. It's too expensive, and I can get a few stations, including my favorite PBS one, with the antenna on my roof. The average person spends about 20 hours a week in front of the TV. Basic cable TV service around here costs \$40 a month.

Start with thinking about that \$40 a month. That's \$480 a year. I hear some people are spending around \$60 a month for "premium" services. That's \$720 a year. What can that buy? For \$480 you could buy a nice electronic experimenter setup including a Dremel Tool, Soldering Iron and spare parts, a subscription to 73 Magazine, AND a nice surplus Enfield or Mauser bolt-action rifle and plenty of ammo. Let's say you cut down your viewing to what I watch, 2 hours a week. That leaves you with 18 extra hours a week. That gives you plenty of time to go and do other things. Think about it. Why subject yourself to the abuse the idiot box gives you when you could instead be going out and doing neat things with your new found spare cash? Give it a try. Tell me how you feel in a couple months.

That's all for this issue. If you'd like to write, I can be reached via email at <[the-omega-man@excite.com](mailto:the-omega-man@excite.com)>. I'd like to hear from you. Until next time, stay free. -The Omega Man

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sparring all day teaches you to spar. A sparring match does not involve broken glass, pool cues, thrown eight balls, surprise elbows, biker chicks jumping on your back, sprays of blood and vomit, or even quick breaks to take a swig of beer. No one in a bar is going to yell "POINT!" when you hit someone. And finally, let me remind you that fighting with strangers is dangerous and unadvisable. "So why did you write this essay, Brother Ben?" you ask. Because you can't always pick your fights. That's just the way it is.